

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>10-11am – Tai Chi with Mr. Huang  <b>10:15am-11:45am – APH’s DEEP (Mandarin)</b>                      11:30am-12pm – MOW Lunch                      12-12:45pm – ESL – Beginners Level</p>	<p>5</p> <p>10-11am – <b>BollywoodX with Alicia</b>  <b>11am-12pm - APH’s Diabetes Prevent Type 2 Program</b>                      11:30am-12pm – MOW Lunch  <b>12-1pm – AFN Technology class</b></p>	<p>6</p> <p>10-11am – Gentle Yoga                      11:30am-12pm – MOW Lunch  <b>12:15pm- 1:45pm – The Happy Kitchen – Nutrition &amp; Cooking Class 3</b></p>	<p>7</p> <p>10-11am - Tai Chi with Vince                      11:30am-12pm – MOW Lunch  <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>11</p> <p>10-11am – Tai Chi with Mr. Huang  <b>10:15am-11:45am – APH’s DEEP (Mandarin)</b>                      11:30am-12pm – MOW Lunch                      12-12:45pm – ESL – Beginners Level</p>	<p>12</p> <p>10-11am – <b>BollywoodX with Alicia</b>  <b>11am-12pm - APH’s Diabetes Prevent Type 2 Program</b>                      11:30am-12pm – MOW Lunch  <b>12-1pm – AFN Technology class</b></p>	<p>13</p> <p>10-11am – Gentle Yoga                      11:30am-12pm – MOW Lunch  <b>12:15pm- 1:45pm – The Happy Kitchen – Nutrition &amp; Cooking Class 4</b></p>	<p>14</p> <p>10-11am - Tai Chi with Frank                      11:30am-12pm – MOW Lunch  <b>12-1pm – TCMG Plant Clinic</b>  <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>18</p> <p>10-11am – Tai Chi with Mr. Huang                      11:30am-12pm – MOW Lunch                      12-12:45pm – ESL – Beginners Level</p>	<p>19</p> <p>10-11am – <b>BollywoodX with Alicia</b>  <b>11am-12pm - APH’s Diabetes Prevent Type 2 Program</b>                      11:30am-12pm – MOW Lunch  <b>12-1pm – AFN Technology class</b></p>	<p>20</p> <p>10-11am – Gentle Yoga                      11:30am-12pm – MOW Lunch  <b>12:15pm- 1:45pm – The Happy Kitchen – Nutrition &amp; Cooking Class 5</b></p>	<p>21</p> <p>10-11am - Tai Chi with Vince                      11:30am-12pm – MOW Lunch  <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>25</p> <p><b>9:30am-11:30am – APH Health Screening</b>                      10-11am – Tai Chi with Mr. Huang                      11:30am-12pm – MOW Lunch                      12-12:45pm – ESL – Beginners Level</p>	<p>26</p> <p>10-11am – <b>BollywoodX with Alicia</b>  <b>11am-12pm - APH’s Diabetes Prevent Type 2 Program</b>                      11:30am-12pm – MOW Lunch  <b>12-1pm – AFN Technology class</b></p>	<p>27</p> <p>10-11am – Gentle Yoga                      11:30am-12pm – MOW Lunch  <b>12:15pm- 1:45pm – The Happy Kitchen – Nutrition &amp; Cooking Class 6</b></p>	<p>28</p> <p>10-11am - Tai Chi with Frank                      11:30am-12pm – MOW Lunch  <b>12-1pm – Kanikapila Ukulele group</b></p>